

THE DALLAS EXPRESS



MEMBER
NATIONAL NEGRO PRESS
ASSOCIATION.

Published every Saturday morning
in the year at 2500 Swiss Avenue
by
THE DALLAS EXPRESS PUBLISHING
COMPANY,
(Incorporated)
Dallas, Texas.

New York Office, Front and Front
12 N. 26th Street.
Chicago Office, Front and Front, Boyce
Building.
Atlanta Office, Front and Front, Can-
dler Building.
Nashville Office, Front and Front, In-
dependent Life Building.

SUBSCRIPTIONS IN ADVANCE.
One Year.....\$3.00
Six Months.....1.50
Three Months.....1.00
Single Copy......10

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Entered at Post Office at Dallas,
Texas, as second-class matter, under
Act of Congress, March 1879.

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No subscription mailed for a period
less than three months. Payment
for same must be \$1.00.

THE DALLAS EXPRESS

has never lost the white
feather, neither has it been
disgraced by the yellow
streak. It is not afflicted
with the flannel mouth. It
is a plain, every day, sen-
sible, conservative news-
paper, which tries to sell
to catch the passing breeze;
flies no doubtful flag; it
professes a patriotism as
broad as our country. Its
love of even handed justice
covers all the territory oc-
cupied by the human race.
This is pretty high ground,
but we live on it and are
prospering. Boys of the
press come up and stand
with us. This ground is
holy.

W. E. KING.

YOUNG MEN AND OLD.

A peculiar situation often results
from the idea held by many young
men that older men are not interested
in their progress and are unwilling
to help them to succeed. Very often
continued thinking in this vein causes
them to feel that whatever their am-
bition, they must pursue it without
the active aid of older men about them.

This condition does maintain and
it is the result of the failure of both
the young men and the old to place
the proper valuation upon the ideas
of each and to realize that while the
methods proposed for reaching the
desired end are radically different,
there may be merit in each, which
if properly related would guarantee
a successful termination of the pro-
gress considered.

It is to their common advantage
that they realize that each is neces-
sary to the success of the other.

Young men are ambitious, but be-
cause of their lack of experience they
tend toward rashness in the execu-
tion of their ideas which may possess
real value.

Old men are conservative, living
more cautiously in order that they
may maintain that which they have
accomplished through years of pa-
tient endeavor. They are not inter-
ested in the possibilities of expansion
to the extent of actively promoting
the campaigns necessary to it.

The young man's ambition backed
by the common sense and sound
judgment of the older men would
make a combination with wonderful
possibilities of successfully accom-
plishing that which both desire—
greater growth of the project in hand.
And in its successful termination both
would have contributed in a con-
crete way.

Such combinations in all lines of
endeavor are highly desirable. They
are possible if each will tend to be-
come more charitable in his judg-
ment of the real worth of the other.

Those who do not try to appear
what they are not, run few risks of
disastrous exposure.

Men who are not willing to shoulder
responsibilities should not hope for
lasting reward.

The trouble with most of us is that
we are not content to learn to do
one thing well.

Undoubtedly Gov. Small looked
large to the Sheriff, but of ordinary
size to Judge Smith.

More than passing notice should be
given the effects of the Texas Public
Health Association to decrease the
Negro death rate from tuberculosis.

If there were not prohibition days
we could hardly believe these tawny
of phantom ships and daring run
runners.

The owners of whiskey smuggling
ships are a living detail of that
statement that "nobody knows how
dry we are."

A WORTHY ONE.

To the Council of the Churches of Christ in America belongs
the credit for inaugurating a move which has great possibilities
of creating a better relation between the white and Colored races
in America. During a recent meeting held in Washington that
body with Mr. John J. Eagan of Atlanta, Ga., who is President
of the Atlanta Council of Churches spent a day in discussing the
questions arising from the relations between the races, drew up
a statement and adopted it as a program of work.

The first four parts of their program are as follows:

1. To assert the sufficiency of the Christian solution of race
relations in America and the duty of the churches and all their
organizations to give the most careful attention to this question.

2. To provide a central clearing house and meeting place
for the churches and for all Christian agencies dealing with the
relation of the white and Negro races, and to encourage and sup-
port their activities along this line.

3. To promote mutual confidence and acquaintance, both
nationally and locally between the white and Negro churches, es-
pecially by state and local conferences between white and Negro
ministers. Christian educators and other leaders, for the con-
sideration of their common problems.

4. To array the sentiment of the Christian churches
against mob violence and to enlist their thoroughgoing support in
a special program of education on the subject for a period of at
least five years.

The other four points in the program related to the distribu-
tion of accurate knowledge regarding the race question, the de-
velopment of public conscience favorable to the Negro, the mak-
ing more widely known the program of the Council's commission
on interracial co-operation, and the presentation of the problem
of race relations and the Christian solution of it by white and
Colored speakers, and as many meetings throughout the country
as possible.

The Federal Council of the Churches of Christ in America
is comprised of thirty-one Protestant Evangelical denominations,
and if, through their length and breath they preach a gospel of
more consideration and co-operation throughout their length and
breadth much good will be accomplished.

It appears to us that the whole question depends vitally upon
the public mind and conscience. This mind it is which deter-
mines whether things shall or shall not be.

Public sentiment is powerful but to a great extent the
church determines what direction that sentiment shall take.

Co-operation to a high degree is highly desirable and neces-
sary at this time.

Many bodies composed of conscientious men and women of
both races in the South are now at work. And locally their efforts
have met with a degree of success which enlarges their hope of
greater future accomplishment.

There cannot be too many of them. And the instigation of
this move for increased co-operation by the churches will be
welcomed heartily by those of both races who know and realize
that in them lies the power to direct opinion in whatever way
they may desire.

GREAT BENEFACTORS OF WHOM LITTLE IS KNOWN.

The great human family of today boasts much of its civiliza-
tion and enlightenment, and revels in the luxuries and comforts
which time has made necessary to every day existence, but it
hardly ever pauses to give credit to those individuals whose in-
ventive genius has made them its heavy debtors.

We are able to pass our summers in almost absolute com-
fort because of the invention and perfection of refrigerators and
the products which artificially lowered temperature makes pos-
sible, but very few of us know those men responsible for them.

A bit of "refrigerative history" at this season may be worth
while. And especially should it be so to us since one of us stands
in the forefront of those whose ideas of refrigeration have been
highly commercialized.

A Negro pastry chef invented ice cream.

Next time you eat ice cream, consider the debt you owe to
Sambo Jackson, Negro pastry chef in a New York tavern, who
gave the world its first dish of ice cream 105 years ago this
month.

For years, he had a monopoly on the manufacture of ice
cream, because he kept his process a closely guarded secret. All
that is definitely known about his discovery is that it was an ac-
cident.

Ice, the gift of nature. You may think it's only recently that
man learned to cut it in winter and store it away in sawdust
which, insulating, keeps out the heat and prevents thawing.

Yet as far back as the days of Nero, Roman slaves packed
snow in underground pits, pounding it into ice for summer use.
Dealers in ice and packed snow were common in France 150
years ago.

In 1799, ice cut from a pond in New York City was shipped
by boat to Charleston, S. C. That was the beginning of a great
ice export business.

In those days, artificial ice was not commercially practicable.
Scientists had experimented for centuries to produce low tempera-
tures artificially, but the first American patent for making arti-
ficial ice was not taken out until 1934—by John Gorrie, a doctor
in Apalachicola, Fla.

Charles Tellier, who died in 1913, was the inventor of cold-
storage refrigeration, without which cities would find it very
difficult to exist.

When he was 85 he said: "The advantages of poverty are
over-rated. The rich declare that poverty brings out a man's
good points. Well, so it does—by the roots."

And Tellier knew what he was talking about. Despite the in-
calculable value of his invention to the world, he died in poverty.

Fans are ancient. All races have them. The cave man prob-
ably fanned himself in July with a dried palm leaf or a slab of
bark.

Electric fans, without which you'd find summer harder to
endure, were of slow evolution, many contributing.

But they were made possible by Thomas Davenport, an im-
poverished Vermont blacksmith, who in 1834, built the first ro-
tary electric motor.

Lemonade, alone of the five great reliefs from summer heat,
cannot be traced to any individual.

Lemons originally grew wild in India. Arabian armies trans-
ported them to Asia. The Crusaders carried them into Europe
nearly 1000 years ago. Later, sailors brought them to America
and planted them.

EDUCATIONAL IMPROVEMENT.

The leaven which has lightened the life and made possible
the onward march of civilization among the masses of the people
has been education.

Its quality determines the usefulness of the people and the
quality of their progress.

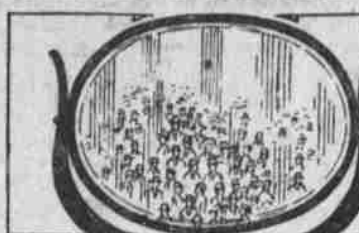
If educational facilities are poor, the people are backward
and vice versa. No ignorant people can contribute materially to
any scheme if their education has not been of the sort to render
them efficient.

That is why, when in the South where the masses of
our people live, their educational opportunities are broadened, we
have hopes of an increased mass progress and welcome such im-
provements.

And it is to the credit of many Southern States that during
the past three years they have materially increased their educa-
tional facilities.

Texas now leads in its appropriations for Negro education.
Recently, Alabama, Mississippi, South Carolina and now North
Carolina, have followed the lead of Texas.

A recent address of Mr. N. C. Newbold, State Supervisor of
Negro schools of North Carolina, before the Hampton Summer
School contained statements to the effect that North Carolina
will spend \$3,500,000 on her Colored schools, including \$500,000
for buildings and \$75,000 per year for maintenance; \$15,000 for
the establishment of a Division of Negro Education; \$25,000 for
a Colored boys' reformatory, with \$10,000 annually for its

THE MIRROR
OF
PUBLIC OPINION

TENNESSEE DISCOVERS SOMETHING.

In the old days when a Colored man in Tennessee got into bad trouble
with the law or with white folks, he stood a chance of getting chained up
to a post. Nobody defended it particularly. It just happened and kept on
happening. Along in 1918 and 1919 Tennessee people began asking them-
selves whether all this was necessary. Somehow the best citizens left that
the law was made to be enforced and that the whiteness of one class of
people did not give them a special license to burn to death persons whose
skins weren't white. Then there were some labor troubles in which there
had been too much shotgun arguments and too little reason and common
sense. These same citizens argued that there would be more Tennesseans
if they didn't waste so many citizens in settling disagreements by murder
and lynching. So they organized the Law and Order League of Tennessee.

The new league started at Nashville in 1918. It met several times in
1919. Governor Roberts made the matter of enforcing the law a campaign
issue and won on it. He demanded a law that would permit the Gov-
ernor of the State to take a lawless situation in hand and yank the kinks
out of it. After a good deal of squabbling, the Legislature enacted the law.
Pretty soon thereafter, Knoxville tried to pull off a lynching. The first
thing Knoxville knew, the Governor and the State troops were down on
Knoxville like a ton of brick and the lynching didn't come off. The in-
cident aroused public opinion over the State. The Law and Order League
became State-wide. A big conference was held at the State capital, where
three hundred citizens showed up with credentials representing all kinds of
civil organizations. A Law and Order Week was proclaimed. Churches
observed it. The American Legion preached it. Public officials proclaimed
it. Newspapers heralded it. Even the schools took it up. For instance,
the faculty and student body of the University of Tennessee had this to say:

In our opinion the machinery of the courts is amply sufficient to in-
sure justice to every one, and, therefore, law enforcement should be par-
amount at all times to local and temporary feelings with respect to any
particular subject of political or social import. Law-abiding citizens should
use their influence both individually and collectively for the suppression of—

- All acts of violence to property or persons;
- All sentiments of disloyalty to the Government;
- All expressions of class or race hatred;
- All attempts to circumvent justice.

In the meantime the Negroes got busy and organized a league of their
own which they called "The People's Co-operative League of Tennessee." Its
purposes were announced to be the promotion of better understanding
between the white and black races and the encouragement of better health,
homes, farms, schools and citizenship. They adopted the following announce-
ment:

We are willing to co-operate in every way possible for the suppression
of crime and for the punishment of the guilty. The declaration of the
league, backed up with the determined policy of Governor Roberts to use
the full authority of the State to uphold constituted authority and to afford
protection to the humblest citizen in his right to life, liberty and prop-
erty, will give our race a sense of protection that will do much to allay
fear and prejudice. I am working for the results which we have set be-
fore us we beseech the active interest and sympathy of the white race. We
believe that there should be at all times friendly counsel and co-operation
made possible by properly constituted committees.

The upshot of it all was that committees of white men took the trouble
in a number of places to look into the situation of the Negroes, and found
conditions which seemed to them to call for remedies. Better sanitation,
better enforcement of segregation ordinances, better opportunity for Ne-
groes charged with petty offenses in the city courts are resulting from
these investigations. And lynchings, according to one of the members of
the Negro league, have been reduced to the "zero point."

There seems to be no inherent reason why the tendency of Tennessee
citizens to obey the law should be stronger than in the case with Texas
citizens. Might it not be well to turn the attention of whites and blacks
of this State to the problem of cutting down the friction between the two
races with the additional problem for the whites of assuring Texas that their
courts shall remain supreme, and that the majesty of the law shall be
pleated neither by criminal arrogance nor by masked anonymity?

—Dallas Morning News.

OPPORTUNITY, JUDGE GARY AND LABOR.

[By The Associated Negro Press.]

"Opportunity" is a fascinating term of American life. The use of it
at once attracts attention. All of us like to be told of the secret mysteries
of its power and possibilities. So, when a master mind like Judge Elbert
H. Gary, who represents gigantic business interests, and is himself an out-
standing example of the full meaning of the word, when such a person
speaks, the world listens. Added significance is given to the expressions
when in the midst of what is said for use in American every day life, the
throws in a multitude of vital opinions on the subject of labor, on which
he is an unquestioned authority, equal to that of the subject of Capital.

The recent address of Judge Gary at Syracuse University is an unques-
tioned classic, under the general subject of "Opportunity." I am sure that
many of you saw excerpts of it in the public print. I wish that every
American might read every line of it. In fact, for the beauty of its easy
and simple language, it might well be used in the literary course of the
schools and colleges, along with Irving, Emerson and Holmes, to say noth-
ing of the fine informative and inspirational thoughts.

It is manifestly impossible to quote at length in an article of this kind,
but I must give two or three quotations. Listen to this:

"There is an expression, too frequently used, that the world owes each
individual a living and occasionally it is foolishly sought to support the
claim by citing the acknowledged principle that all men are created free
and equal. But every fundamental law or rule of conduct relating to this
subject means no more and no less than the right of equal protection and
opportunity. Every person who constantly recognizes this fact and acts ac-
cordingly is of service and benefit to himself or herself and all others;
and everyone who disputes and disregards it antagonizes and attacks the
general community, including himself or herself, and is an obstruction to
civilized progress."

A little later is this:

"The door of opportunity for legitimate advancement is open to both
capital and labor. Both should be grateful for the privilege. Neither
should be permitted to abuse it."

And this final quotation:

"Equality of opportunity is the keynote to national and individual
success and contentment. This idea, I believe, is the avowed doctrine
of our present Administration, from the President throughout the whole
governmental structure and will be intelligently and faithfully applied.
Therefore, we have reason to look forward with confidence, expecting in-
creasing prosperity in all directions as the months pass by."

All of the address is replete with such fine optimistic statements and
advice.

To us, as a group in the great American nation, this address is fraught
with significance. Much of our future destiny is largely wrapped up, in
the labor world, in the interests represented by Judge Gary. The attitude
of mind of the head of a great organization like the United States Steel Cor-
poration, is of great importance to us. Is this talk of OPPORTUNITY
merely lip service? I can faithfully attest that it is not. I have observed
at close range the practical working out of the principles attested by
Judge Gary. I have seen the wonderful welfare work of the steel industry
near Birmingham, Ala., and at Gary, Ind., and other places. That this
"Door of Opportunity" has been opened for our people in this field, none
may question.

There is much that we should know about these achievements, and
what the future holds for us in this field. For the benefit of our people
everywhere, and to give "honor to whom honor is due," I shall write
an educational series of articles concerning Labor and Opportunities ahead
in this great field.

maintenance; \$100,000 for a sanatorium for tubercular patients;
\$40,000 for high school and vocational work; and \$30,000 for
teacher-training work in summer schools. For the year ended in
June the State of North Carolina paid Colored teachers in sal-
aries \$1,500,000, which was a gain over the year 1919-1920.

Such facts as these give us added hope for the future.



Mrs. A. H. DYSON

MEN SET THE EXAMPLE.
Why do men worry so about the disappearance of women's skirts? Skirts are shortening and narrowing until it is quite evident that they'll be gone altogether if something doesn't halt their shrinkage. But why should the men object so strenuously? They left off skirts ages ago. Evolved out of them, so to speak.

The ancient Celts wore skirts. The Romans paraded around in an out-landish species of one-piece dress, and the old Romans swaggered about in enveloping draperies. As civilization developed and men had to get about faster, to say nothing of hopping in and out of chariots, they began to discard superior wrapping. Perhaps they dimly foresaw the modern slinky ruff, and wanted to be suitably clothed for it. anyhow, their draperies grew scantier and narrow-er until finally they were gone.

It's too bad they worry so about our cunning, sensible, short skirts. Don't they know imitation is the sincerest flattery?

"Before We Were Married," said the young wife, "you always engaged a lady when you took a woman. Now you think the street car is good enough for me." "No, my darling," was the careful reply, "I don't think the street car is good enough for you; it's because I'm so proud of you. In fact you would be seen by nobody, while I can take you in a street car."

The Sensibilities Women Feel about modernizing their age is not at all modern. A great many women are mentioned in the Old Testament, but there is but one—Sarah. Abraham's wife—how aged in on record.

"For Beating My Wife," I will fine you \$1.00," said the Judge. "I don't know that I object to the delay, judge," said the woman, "but what is the ten cents for?"

"That," said the judge, "is the Fed-eral tax on amusement." "But I don't want to pay for that," said the woman. "Well, you can't avoid it," said the judge. "You can't avoid it," said the woman. "You can't avoid it," said the judge. "You can't avoid it," said the woman.

Little Daughter didn't feel very lov-
ing toward her father just then, and
to her mother she went in a burst of
confidence: "Was papa the first man
who ever proposed to you, mamma?"
"Yes, but why do you ask?" asked
the mother.

"I was just thinking that you
might have done better if you had
shopped around a little more."

At Sent You a Kiss and a "Hello,"
he said when he met her. "I hope
you understood it."

"Oh, yes," she answered. "I un-
derstood all right enough. But to me
a kiss over the telephone is like a
straw hat."

"A straw hat?" he echoed. "How?"
"Why," she coyly answered, "it
don't felt."

THE KINGDOM OF THE KITCHEN.
Roasted Sandwiches.

Cut whole wheat bread into thin
slices, and spread evenly and thinly
with butter. Place on each slice a
teaspoonful of crisp lettuce which is large
enough to extend a little beyond the
ends of the slice, and from which the
bread has been removed. Sprinkle the
lettuce plentifully with salt. Roll the
slices carefully, and tie around each
one a piece of paper the width of the bread. Roll a damp cloth around
the pile of sandwiches, and leave in a
cool place for two hours.

At the time of serving, remove the
paper, and the rolls will remain in
shape.

Peanut Wafers.
Beat to a cream one cupful of sug-
ar and a half cupful of butter. Add
three-fourths of a cupful of milk, a
teaspoonful of vanilla and two small
cupfuls of flour sifted with a tea-
spoonful of baking-powder. Butter the
bottom of a dripping pan (outside)

and spread the dough over it very
thinly, using the blade of a knife
dipped in cold water. Sprinkle thickly
with chopped peanuts, and bake. Do
not let the cakes get too brown. As
soon as done cut into squares and
take from pan.

Coconut Macaroons.
Sift together a scant cupful of
four and one of granulated sugar.
Add two cupfuls of best shredded co-
conut, mix thoroughly and fold in the
whites of three eggs whipped to a
stiff froth. Roll into a sheet, cut in
small flat cakes and bake in a moder-
ate oven until crisp and golden brown.

Sweet Pickled Peaches.
Sprinkle one-half gallon of sugar
over one gallon of sugar over one
gallon and one-half of peeled peaches
in a cloth in salt water. Let this
stand overnight. Drain the juice into
a preserving kettle and boil hard five-
teen to twenty minutes. Add two pints
of strong vinegar to the boiling juice.
Put the peaches in and boil all togeth-
er until peaches are tender. Put the
fruit in each, pour syrup over and
seal while hot.

KEEPING THE METALS SPARKING.
There is no part of the household
equipment that resists decay more than
to good care than that made of metal.

DR. R. H. TROTTER
HEALTH & HYGIENE

FOOD IN ITS RELATION TO HEALTH

It has been shown that the grati-
fication of taste results in the pro-
duction of a large amount of gastric
juice of a remarkably active digestive
quality. When food is eaten in this
way, the stimulation of the sense of
taste during the prolonged mastication
develops the stomach large quan-
tities of appetite juice, so that when
the food enters the stomach digestion
begins at once. While food is hastily
eaten, especially when taken in large
quantities finds in the stomach only
a small amount of the gastric of in-
ferior quality, to perform the great
and unnecessary task that has been
 thrust upon the stomach merely to
gratify an abnormal appetite. When
food is chewed properly there are cer-
tain automatic reflexes that are
brought into play and whereby the
quality of the food is toned and the
various digestive juices in the stom-
ach and intestines suited to the nutri-
ment of the body. It is impossible
to digest articles of food until they
are raised to a moderately high tem-
perature. Much of the illness prevalent
in summer would be avoided if people
ate warm food as they do in winter.
Delicate persons especially should avoid
broke up stomachs. They are extremely
sensitive to the digestive power and a
great draft of the vitality. The hu-
man system has just so much power
in reserve, and if this power is used
up in warming large amounts of cold
food taken into the stomach there is

(To be Continued.)

DESPERATE MAN KILLED
AFTER THREE ESCAPES.

(By A. N. P.)

Laurel, Del., Aug. 4.—A man hunt
last Sunday night, when an unident-
ified Negro, supposedly a hatter, was
broke up by a camp meeting by
shooting Kendall Winder, whose wife
he had insulted, ended at 6 o'clock
Monday afternoon when the desperado,

NEGROES GET PENSION.

Nashville, Tenn., Aug. 5.—The
Tennessee Pension Board, now in ses-
sion here, has granted pensions of
\$10 a month to thirty-seven Negroes
who saw service as cook or body ser-
vants in the Confederate armies.
Eighty-five applications have been
filed.